

WESTFORD COUNCIL ON AGING NEWSLETTER

DECEMBER 2015

MONDAY TO FRIDAY 8:00 A.M.—4:00 P.M.

20 PLEASANT ST., WESTFORD, MA

978-692-5523.

www.westfordma.gov/coa



MISSION STATEMENT: The Council on Aging promotes physical, emotional, and economic well-being of older adults and promotes their participation in all aspects of community life. The Cameron Senior Center is a community focal point where older adults come together for services and activities that reflect their experience and skills, respond to their diverse needs and interests, enhance their dignity, support their independence and encourage their involvement in and with the center and community.

COUNCIL ON AGING STAFF

Jennifer Claro
Director of Elder Services

Alison Christopher
L.I.C.S.W./Social Worker

Annette Cerullo, LSW
Elder Outreach Coordinator

Claire France Records Supervisor
Marjorie Hunter Registrar
Jean Mahoney Registrar
Eugene Jungbluth Lead Van Driver Admin
Charles Dutton ..Lead Van Driver Dispatch
Marie Lawrence Nutrition Site Manager
Christopher Mitchell Maintenance
Peter Murphy Evening Supervisor
Katherine Russell... Senior Asst./Vol. Coord.
Helena Crocker..... Chair

COUNCIL ON AGING BOARD MEMBERS

Robert Tierney Vice Chair
Nancy Cook Clerk

Dorothy Hall, Patricia Holmes,
Ret. Chief George Rogers,
Kathryn Wilson

Edward Greenwood President

FRIENDS OF THE CAMERON OFFICERS

Richard Severyn Vice President
Joyce Cederberg Secretary
Joyce Newton Treasurer
Barbara Upperman..... Asst. Treasurer

CAMERON SENIOR CENTER WILL BE CLOSED CHRISTMAS DAY, FRIDAY, DEC. 25 AND NEW YEARS DAY – FRIDAY, JAN. 1

CANCELLATIONS – Watch for school closings, due to inclement weather. Activities at the Cameron and Meals on Wheels will be cancelled and the Cameron van will not run. The Cameron will operate then as a drop-in social warming facility. Watch the Fox channel 25 for updates on school closings.

HOLIDAY LUNCHEON – Wednesday, Dec. 2

Join us for a catered roast pork loin lunch with festive entertainment sponsored by the Friends of Cameron, at the Franco American Club. **Doors open at 10:30 a.m.** Lunch, prepared by Shirley Caterers, will be served around 11:30 a.m. Fee for residents is \$7; non-residents \$15. Please call 978-692-5523 to check for availability.

HOLIDAY MEN'S & WOMEN'S SOCIAL – Tuesday, Dec. 8, at 8 a.m.

Join us for a festive breakfast celebration – cooked by Jodi Ross, our Town Manager, and the Westford Board of Selectmen! We will celebrate with music and a surprise visitor. Please register for this free event at 978-692-5523 by Thursday, Dec. 4. We look forward to seeing everyone.

COMMUNITY CHRISTMAS CHORUS CONCERT

Sunday, Dec. 13, at 7 p.m., at First Parish Church. This year's concert will benefit the Westford Food Pantry. Suggested donation is \$5 plus two non-perishable food items. For more info, call 978-692-8416.

CHELMSFORD CROSSINGS LUNCHEON – Tuesday, Dec. 15, at noon.

Benchmark Senior Living, at Chelmsford Crossings, 199 Chelmsford St., Chelmsford. Seniors are invited to a holiday luncheon and tour of the facility. Space is limited. To sign-up, call the Front Desk at 978-692-5523. If you need a ride, call our Transportation Desk at 978-399-2322. Please sign up for either by Thursday, Dec. 10.

NEW YEAR'S EVE DAY LUNCH – Thursday, Dec. 31 at 11:30 a.m.

Come celebrate, enjoy a warm ham dinner with delicious sides ~ catered by Donna Dutton. Plus there will be a cheesecake desert topped off with pineapple. Sponsored in part by the Cummings Foundation and Friends of the Cameron. We'll toast in 2016 with our very own 'Upbeats Band.' Cost: \$4 per person. Please RSVP to 978-692-5523 by December 28.

Director's Message

You just never know...

Sometimes we may hear someone say something that is not very nice or ask if they can sit in the vacant seat next to us. Our first reaction may not be such a friendly response. However, sometimes it is good to pause before we react and realize that perhaps this person is not having such a good day or is awaiting some test results and hoping for the best.

It is amazing how a smile or simple "Is this your first time to this class? I don't believe we have met," can help someone feel appreciated or welcomed. Recently, on the way out of the Cameron, a lady stopped at the receptionist desk saying how glad she was to come to the Halloween Party because she had been by herself. She looked up with a smile and said, "Today is my birthday," and a member of our center wished her a happy birthday and added how glad she was that the woman was at the Halloween festivity. Later on, I thought about how we all can make a better day for someone and sometimes we do not even know it.

In closing, I want to thank the Friends of the Cameron for working hard to put on a successful and fun Harvest Fair. Thank you, also, to all our participants who made very creative raffle baskets, baked goods, cooked hot dogs, donated silent auction and white elephant items, volunteered in so many ways, and thanks to all our shoppers and vendors. I am already looking forward to next year.

Best wishes to you all and happy holidays!

– Jennifer Claro, Director

Letter from the Friends of Cameron Board

We would like to thank everyone for the shared support in making our 2015 Harvest Fair a success. The raffle baskets, bake sale, silent auction, hot dog sales, shoppers and volunteer efforts were greatly appreciated. Everyone's contributions of time, effort and donations helped us raise over \$4,500 to support the needs of our seniors and the Cameron Senior Center.

If you would like to learn more about who we are and what we do, feel free to join us at our monthly board meetings: first Thursdays each month at 12:30 p.m. in the Art Room.

Our sincere thanks,

Friends of the Cameron Board

Thank You



We would like to thank the Town for our new snow blower. This will help better clear our parking lot and sidewalks.

COLDWELL BANKER

DONATION

Coldwell Banker donates \$1,700 for fuel assistance to

News and Events

help ensure older adults and families in crisis are not without heat and hot water this winter. We appreciate their partnership and the many areas of outreach that they provide to the Cameron Senior Center.

LEFT: KATHY CUNNINGHAM AND JANET MORANO, COLDWELL BANKER REALTOR AND OFFICE MANAGER. RIGHT: JENNIFER CLARO AND ANNETTE CERULLO, CAMERON SR. CTR. DIRECTOR OF ELDER SERVICES AND OUTREACH WORKER.



CAMERON THRIFT SHOP and FOOD PANTRY Now open Saturdays, from 9 - 11 a.m.!

FALL LEAF PICK-UP – Saturday, Dec. 5.

Acme Waste Systems last pickup day. Filled *paper leaf bags* need to be curbside by 7 a.m. Cost is \$1.25 per bag with a minimum charge of \$20 per pick up. Attach check, payable to Acme Waste Systems, to one of the bags. To register, call the **Town Clerk's office at 978-692-5515.**

FESTIVAL OF TREES

Tuesday, Dec. 15 - Friday, Dec. 18, from 11 a.m. - 2 p.m., at Westford Regency Inn, 219 Littleton Rd. (Rte. 110). Sponsored by Westford Regency Inn, Westford Family Funfest & Westford Business Association. Come enjoy this festival of decorated trees, wreaths and gingerbread houses. Hot lunch with dessert available for \$12. Reservations required. Call 978-692-8200, ext. 520. For menu selections, visit: www.westford.org/funfest. Need transportation? Schedule a ride with our Cameron holiday sleigh at 978-399-2322. Free, transportation thanks to special funding. Happy Holidays!

PING PONG TOURNAMENT

Friday, Dec. 18, at 10 a.m. Come play and let's put a bounce in the whole building! Mystery surprise for the winners, plus full bragging rights. Entry fee: one item for the food pantry. Call 978-692-5523 to sign up.

GINGERBREAD COOKIE DECORATING

Tuesday, Dec. 22, at 10:30 a.m. Join us while we decorate gingerbread cookies and sip hot chocolate.

BIRTHDAY CELEBRATIONS

All are invited to celebrate our December and January birthdays. Come join us for cake and ice cream in the

Food & Friendship

Welcome Area at the Cameron. RSVP to 978-692-5523 at least two business days ahead:

- **Thursday, Dec. 10, at 12:30 p.m.** ~ December birthdays
- **Thursday, Jan. 28, at 12:30 p.m.** ~ January birthdays

BREAKFAST – Monday-Friday from 8:30 - 9:30 a.m. Available at Cameron. Includes oatmeal, muffin, milk and juice. We ask that you sign in so we can track the usage.

MEN'S & WOMEN'S BREAKFAST – Tuesday, Dec. 8. Combined social event ~ see page 1. Next dates:

- **Men's Breakfast: Tuesday, Jan. 12, at 8 a.m.**
Men's wellness presentation by Emerson Hospital. RSVP to 978-692-5523, by Friday, Jan. 8.
- **Women's Breakfast: Thursday, Jan. 14, at 8 a.m.**
Women's health presentation by Emerson Hospital. RSVP at least two days ahead to 978-692-5523.

LUNCH – Monday - Friday at 11:30 a.m.

Elder Services of Merrimack Valley provides anyone age 60 and over with low-cost nutritional meals at Cameron (see menu, page 8). Lindley Food Service is the caterer. For reservations, call 978-692-5523, between 8–10 a.m., a minimum of two days in advance. Donation is \$2. If spouse/partner is under the age of 60, the cost is \$4.50.

LUNCH & LEARN PROGRAM

Please RSVP at the Front Desk or 978-692-5523 for these free programs, so we can plan food quantities. The first 18 people are guaranteed food. Space is limited.

- **Friday, Dec. 11, at 12:15 p.m.** Julie Lorden, PT, DPT with Emerson Hospital will discuss physical therapy treatments and exercise classes Emerson has to offer those with Parkinson's disease.
- **Friday, Jan. 8, at 12:15 p.m.** Presentation by the Better Business Bureau. Learn how to: verify businesses, file complaints, avoid being a victim of scams, and more.

RESTAURANT REVIEW – Resumes again in January! **Wednesday, Jan. 27, at 11:30 a.m., at 99 Restaurant**, 333 Littleton Rd. (Rte. 110), Westford. Please pre-register at 978-692-5523, so we can ensure adequate seating. When you arrive, check in under "Westford Senior Center." Bon Appétit!

MEALS ON WHEELS – Monday through Friday.

Along with traditional meals, five special diets are now available to clients, with a doctor's authorization. Meal deliveries are to your door, Mondays - Fridays, around noon. Call 1-800-892-0890 to register.

VOLUNTEER DRIVERS WANTED, CALL 978-399-2330.

BLOOD PRESSURE & MORE – Health screenings including: a blood pressure reading, medication review, weight check and an opportunity to discuss other concerns are available at the Senior Center:

Health & Wellness

- **Tuesday, Dec. 8, at 9 a.m.** with Board of Health.
- **Monday, Dec. 28, at 8 a.m.** with Circle Home, Inc.

BOARD OF HEALTH CLINIC

Monat Cameronday, Dec. 14, from 9:30 - 11:30 a.m. Hearing/Hearing Aid Screenings at Cameron with Dr. Megan Ford from HearSmart Audiology of Littleton. By appointment only. Call the Board of Health at 978-692-5509 to book your 40-min. appointment.

PODIATRY CLINIC – Monday, Jan. 9, at 9:30 a.m.

Advance appointments are necessary with Dr. Aileen Gregorian. Call 978-692-5523. **Cost is \$30.**

THANKS TO THE GENEROSITY OF THE FRIENDS OF THE CAMERON SENIOR CENTER, EXERCISE CLASSES ARE FREE. PLEASE CONSIDER A DONATION TO 'THE FRIENDS.'

NOTE: SEE MONTHLY CALENDAR FOR CLASSES – PAGE 9

Fitness and Exercise

WE INVITE ALL TO PARTICIPATE

BONE BUILDERS – Balance & strength building

- **Mondays & Wednesdays at 9:30 a.m.**
- **Tuesdays and Thursdays at 1 p.m.**

To enroll, call 978-692-5523. Stop by to complete required paperwork prior to starting a class.

VOLUNTEER LEADERS WANTED. CONTACT PAT FITZGERALD AT 978-621-7734 OR PFITZGERALD99A@VERIZON.NET.

CAMERON FITNESS CAMP

Starts Wednesday, Dec. 9 at 1:30 p.m. Free, 12-wk. group training class, suitable for all levels from beginner to advanced. Class includes: cardio; weight or resistance training for bone health and posture; and dynamic stretching for improved range of motion, balance and flexibility. Instructor Kim Vespucci is a NPTI certified trainer. **Sign-ups start Friday, Dec. 4. Call 978-692-5523.**

FITNESS/STRENGTH TRAINING ROOM

Monday – Friday, 8 a.m. - 3:30 p.m.

We have a splendid variety of equipment for both aerobic activity and strength building. Open year round. Come check us out! \$50 annual fee for residents age 60 and up; \$25 for residents age 80 and up. Participants must register, complete a liability waiver form, and attend a training session on the equipment. You may be eligible for reimbursement through your insurance.

T'AI CHI – Mondays at 1 p.m. Open to new participants Register at 978-692-5523.

Did you know that Westford, a community of about 22,000 residents, has approximately 4,000 folks over the age of 60? As the Outreach Worker for Westford, it is my job and honor to be available to our senior community – and that is a large number of you! So, if we haven't met yet, let's do that. I would love the opportunity to tell you about programs and services available to you as a

Outreach & Support

Westford resident. Feel free to call me, Annette, at 978-399-2326, or email at: acerullo@westfordma.gov.

– Annette, Outreach Coordinator, 978-399-2326

SUPPORT GROUPS

Several local support groups are available to Westford residents. Visit: www.westfordma.gov/coa. Click on: Services/Programs and then click on: Support groups.

ALZHEIMER'S & RELATED DEMENTIAS CAREGIVER SUPPORT GROUPS

- Cameron Senior Center, 1st Wednesday each month at 6:30 p.m. For information, call Sandy at 978-758-6072.
- Chelmsford Senior Center, 2nd and 4th Monday each month at 1 p.m. For information, call 978-251-8880.

COMPANION & RESPITE CARE – Provides supervisory care for those age 60 and up and/or disabled residents to allow caretakers a time of rest. Available days, evenings, overnights and weekends, on a temporary or permanent basis. For information, call Chelmsford Senior Center at 978-251-8491.

FOR COMPLETE LIST, SEE CALENDAR ON PAGE 9

BINGO – Mondays, 1–3 p.m. & Thursdays, starting at 6:45 p.m. Doors open ½ hour early. If you need a ride, call the transportation line at 978-399-2322, in advance. **In case of inclement weather, call 978-692-5523 before 4 p.m.**, to verify if the game will be on.

Ongoing Activities

GENEALOGY WORKSHOPS

Interested in researching your family's ancestry? Call 978-692-5523 to arrange for a private, one-on-one genealogy consultation with an expert.

MONTHLY MOVIES

Movies will be shown monthly on Fridays, at 1:30 p.m. in the Cameron Sitting Area. Please sign up at the front desk 978-692-5523 if coming.

- **Dec. 18** – “Saving Mr. Banks” (2013) with Tom Hanks and Emma Thompson.
- **Jan. 15** – “Catch Me if You Can” (2003) with Leonardo DiCaprio and Tom Hanks.

To suggest future movies, call Katie at: 978-399-2330 or email: krussell@westfordma.gov.

QUILTING CLUB – Mondays at 9:30 a.m.

Join our group dedicated to making quilts to donate to elders and children. All skill levels of quilters welcome!

WATERCOLOR CLASS - NEW - Dec. 10 - Jan. 28.

Thursdays, 10 a.m. - noon (no class Dec. 24 and 31). Instructor Cynthia Van Horne Ehrlich will teach this class for all levels. Limited to 12 participants. **6 week class fee is \$20.**

MEDICARE OPEN ENROLLMENT – Now thru Dec. 7 During Medicare Open Enrollment (now until Dec. 7), you can change your Medicare insurance plans for next year. If you need help understanding the upcoming changes for 2016 and your options, SHINE can help. Call 978-692-5523 for an appointment for FREE and CONFIDENTIAL counseling. Bring any relevant documents with you.

SHINE – Monday, Dec. 14, at 1 p.m. Call for a private appointment to answer your health insurance questions at the Cameron, 978-692-5523.

Support Services

MEET THE REALTOR – Monday, Dec. 14, at 10 a.m.

Local real estate agent Kathy Cunningham of Coldwell Banker will be at Cameron. Call: 978-692-5523.

ASK THE LAWYER – Tuesday, Jan. 10, at 9 a.m.

Free legal service provided by the office of Attorneys Madge & Johnson is available to all Westford seniors age 60 and over, by appointment. Please call 978-692-5523 to reserve a timeslot.

ASK THE OFFICER – Thursday, Dec. 10 from 11 a.m. to 12 noon.

Westford Police Department Family Services Detective Nirisa Nicoletti will be available for consultation 2nd Thursdays each month at Cameron. Walk-in or call 978-692-5523 for an appointment.

VETERANS SERVICES – Thursdays, 8 a.m. to noon.

Meet with the Westford Veterans Agent/Veterans Service Officer Terry Stader at the Cameron Senior Center. His regular office, located in the Millennium Building behind Abbot School, 23 Depot Rd., is open Monday through Thursday, from 8 a.m. to 4 p.m. Fridays by appointment only. For more information, call 978-392-1170 or visit <http://westfordma.gov/veterans>

TRANSPORTATION

For rides to medical appointments, shopping or trips to the Senior Center, call 978-399-2322 at least 48 hours in advance, to schedule a ride. Every Wednesday, trips to

Market Basket are available. The cost for a round-trip ride within Westford is \$3; for surrounding towns is \$6; and for outlying towns is \$8. We also transport to: Ayer, Burlington, Chelmsford, Concord, Groton, and Lowell. Should you need to cancel the day of your ride, please **call the front desk at 978-692-5523**.

**** BOSTON SHUTTLE SERVICE **
FOR MEDICAL APPTS.**

Van shuttle service to Boston Medical Facilities is now provided by Montachusett Regional Transit Authority (MART). Service departs from the Littleton Train Station Monday to Friday, at 8:05 a.m., 12:35 p.m. and 3:35 p.m. Trips to metro Boston/major hospitals and the West Roxbury VA take about one hour.

To schedule a ride, call MART at 978-345-7711, ext. 3. For return rides, call MART at 800-922-5636, ext. 3, at least one hour before the times listed above. Round trip fee is \$20 for seniors and free for veterans. If you need transportation to the Littleton Train Station or need help accessing this service, call the Cameron Senior Center Transportation Line at 978-399-2322.

FOOD PANTRY

**** NEW EXTENDED HOURS ****

The Westford Community Food Pantry, located on the first floor at Cameron, is staffed by volunteers. Hours are:

- **Mondays: Dec. 7 & 21**, from 1:00 - 3:30 p.m.
- **Wednesdays: Dec. 2 & 16**, from 8:30 - 11:30 a.m. and **Dec. 2, 9, 16 & 30** from 6 - 8 p.m.
- **Thursdays: Dec. 3 & 17**, from 8:30 - 11:30 a.m. and from 6 - 8 p.m.;
- **Fridays: Dec. 4 & 11 & 18**, from 8:30 - 11:30 a.m.
- **Saturdays: Dec. 5, 12, & 19**, from 9 - 11 a.m.

****PLEASE LOOK FOR NEW PANTRY HOURS
STARTING JANUARY 1, 2016****

CAMERON CLOSET

MONDAY - FRIDAY: 9 A.M. - 3 P.M.

SATURDAY: 9 - 11 A.M.

[Closed Dec. 24-25-26]

HO HO HO! FROM MRS. CLAUS!

**SINCE YOU HAVE BEEN SUCH GOOD CUSTOMERS,
WE'LL HAVE A \$1 SALE ON HOUSEHOLD ITEMS &
CLOTHES ~ AND MAYBE A FEW SURPRISES!**

**NOW ACCEPTING CLEAN FALL & WINTER CLOTHING
& HOUSEHOLD ITEMS IN GOOD CONDITION**

CIRCUIT BREAKER – General Guidelines

A refund of a portion of property taxes or rent paid in calendar year 2015 for a home that you lived in as your main home is available to seniors 65 or older (if married,

only one spouse needs to be 65) and whose total income for 2015 is less than:

\$57,001	SINGLE TAX RETURN
\$71,001	HEAD OF HOUSEHOLD RETURN
\$85,001	MARRIED FILING A JOINT RETURN

Your main home can be a single or multiple family residence, a condominium or an apartment. Your refund (if any), up to a maximum of \$1,070, depends upon the amount of property tax or rent paid, in comparison to your total income. A portion of water or sewer charges paid in 2015 can also be added to your property tax computation.

To obtain the refund, you need to submit a Mass. tax return – even if your total income is zero.

Financial Info

Trust ownership. If your main home is owned by:

- A revocable (grantor) trust and you are a trustee, you are treated as the homeowner.
- A revocable (grantor) trust and you are not a trustee, you are treated as a renter.
- An irrevocable trust, you are treated as a renter.

FITNESS REIMBURSEMENT – Many health insurance companies offer a fitness rebate up to \$150 for those who participate in an approved fitness center. The Cameron Senior Center qualifies as such with several insurance companies. Please check with yours. Get a Fitness Rebate Form and submit it with proof of fitness center membership and payment, for the previous year's fitness.

FUEL ASSISTANCE

For those who received fuel assistance last year, re-certification applications were mailed directly to recipients by CTI. Please complete and return these, ASAP. New applicant appointments began in November at the Senior Center. If you need help to complete a new or renewal application, call Annette at 978-399-2326.

NEED HELP PAYING FOR GROCERIES?

If you are 60 years or older, you may qualify for food assistance via the Supplemental Nutrition Assistance Program (**SNAP**). For info, call the Food Source Hotline at: 1-800-645-8333.

PRESCRIPTION ADVANTAGE – Need help paying for prescription drugs? Prescription Advantage, a state-run program, helps many seniors pay for these costs. There is no charge for joining, if your annual income is less than \$35,011 for a single person and \$47,191 for a married couple. There is **NO** asset limit! For information, call 978-692-5523 and ask for a SHINE appointment – or call Prescription Advantage at: 1-800-243-4636 or TTY (toll free) at 1-877-610-0241 for the deaf and hard of hearing with Text Telephone capability. You can also visit their website at: www.prescriptionadvantagemma.org.

The money you save can be your own!

T.R.E.A.D APPLICATIONS

Tax Relief for the Elderly and Disabled applications were due this summer. If you are in need of TREAD assistance and did not file, contact Social Worker Alison Christopher, at 978-399-2325 about the possibility of filing a late application. T.R.E.A.D. awards vary yearly as funds are dependent on private individual and business donations. No Town funds are used. Voluntary tax-deductible donations are always accepted and can be made payable to the Town of Westford T.R.E.A.D.

2015 INCOME TAX HELP

Hal Schreiber, volunteer tax expert, is available to help with your 2015 federal and state income tax returns. Due to the number of tax returns being prepared at the Senior Center, Dick Severyn will join Hal in preparing returns. Call 978-692-5523 to schedule a free appointment at Cameron. You do not need to bring blank tax forms with you – they will be provided.

What to Bring – Very Important! *Bring All Forms!*

- Your 2014 federal and state tax returns
- Form MA 1099-HC. Very important if you have private health insurance, since the insurance company's name, tax identification number, and your subscriber number must be entered on your Massachusetts tax return.
- Form 1095-A, Form 1095-B, Form 1095-C (if you received any of these health insurance forms).
- W-2s, SSA-1099s, 1099s (DIV, INT, B, G, MISC, etc), Schedule K-1s, 1098s, etc.
- Amounts and dates of any federal and state estimated tax payments that you made for 2015.
- If you pay rent for your main residence, bring the amount that you paid in 2015 (some or all is deductible on your Massachusetts tax return).
- All four quarterly property tax bills that you paid in calendar year 2015 (bills were due Feb 15; May 15, Aug 15, and Nov 15).
- All four quarterly water bills that you paid in calendar year 2015 or a transcript of your calendar year 2015 payments from the Water Department.
- If you sold any stocks or bonds, bring dates that you purchased the stocks or bonds and the amounts that you paid for them (that information may have been provided as supplemental or additional information with any Forms 1099-B that you received).
- If you have any mutual funds, bring any information (provided by the mutual fund) concerning portion of the dividends that are exempt from state income tax or are from federal or state obligations. If you sold any mutual fund shares, bring the dates and what you paid for the shares (that information may have been provided as supplemental or additional information with the Forms 1099-B that you received).
- Medical and Dental expenses – total your co-pays and deductibles for all your prescription drugs, doctor, dentist, hospital visits, etc. Include hearing aides and eyeglasses. Add up the mileage you drove to get prescription drugs or go to the doctor, dentist, hospital, etc. List any health insurance premiums, long term care premiums, and Medicare premiums separately, since

they need to be reported separately.

BOARD MEETINGS

Friends of Cameron – Thursday, Dec. 3, at 12:30 p.m.
COA Board – Wednesday, Dec. 9, at 4 p.m.

DID YOU KNOW...

As the holiday season approaches, some seniors may experience “holiday blues” – feeling progressively disappointed, lonely or sad. Many factors can contribute to these feelings: missing loved ones, sadness over past holidays “then and now,” unrealistic expectations, being alone, and/or coping with failing health.

To cope with holiday blues, why not re-set or adjust your expectations? Limit stressful activities like shopping, accept more invitations with family and friends, attend community events, volunteer in meaningful activities, and create new traditions. **Keep your “blues at bay”** and come to our Holiday Breakfast or Luncheon this year – and share the cheer of the season with your peers!

HOLIDAY BASKETS

Thanks to our collaboration with the Society of St. Vincent de Paul/St. Catherine's Conference and many others, we helped over 100 families for Thanksgiving. Now, with the coming holidays, donations are sorely needed for

Are You Interested?

December. We'd welcome: festive foods, gift cards, toys or monetary donations. If you can contribute, pick up a donation form at the front desk, call Katie: 978-399-2330 or email: krussell@westfordma.gov.

REMINDER Soda can tabs are still being collected for Shriners Hospital for Children. Container is on the piano in the multi-purpose room. Contributions are appreciated.

SAND BUCKETS

If you are in need of a free bucket of sand to be delivered to your home, please call 978-692-5523.

SHOVELING UPDATE

We've tried to offer this service in the past but have had little success finding volunteers willing to commit. We strongly encourage neighbors to help one another, if at all possible. We have a list of “for hire” services in the area. Call the front desk at 978-692-5523 for that information.

BILLIARDS TOURNAMENT – Tuesday, Jan. 19.

Seniors Eight-Ball Double Elimination Tournament. First place gets trophy and name on the wall for a year. Entry fee: \$3, due at event. Coffee & snacks served. First break at 9:30 a.m. Call Peter Mudgett at 978-692-8383.

TRAVEL AROUND THE WORLD – A Cultural Fair!

Thursday, Jan. 21, from 4 to 6 p.m. Come learn about different cultures, food, music, dance and more! Sign up for this thrilling ‘worldly’ event at 978-692-5523.

SILENT MOVIE PIANO – Friday, Jan. 29, at 1 p.m.

Pianist Richard Hughes will perform tunes from the era of silent movies, as you watch short films featuring Harold Lloyd, Charlie Chaplin, Laurel & Hardy and Buster

Keaton, and eat popcorn. Cost \$5. Sign up at 978-692-5523.

Thank You

Ritchie Crocker, for installing lights in our basement closet ~ a tremendous help to volunteers sorting donations!

Rita Ricard, for keeping our candy dish full ~ we enjoy the treats!

Leslie Thomas, for the wonderful seasonal surprises ~

Future Events

dress-up our planters at the Cameron entrance!




Dick Severyn and **Claire France**, for their diligent research and help selecting our new PA system for bingo ~ **YEAH!**, a **new** PA system! This purchase was made possible from the Cummings Grant.

FRIENDS OF THE CAMERON SENIOR CENTER DONORS 2015

Thank you to all of the individuals, families and businesses who contributed to our 2015-2016 campaign. We apologize for any names we overlooked. We continue to accept tax-deductible donations made out to the "Friends of Cameron" and mailed to P.O. Box 2223, Westford.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DECEMBER 2015 LUNCH 11:30 am MENU SUBJECT TO CHANGE WITHOUT NOTICE	1 American Chop Suey Peas Carrots Assorted Cookies	2 Baked Tilapia with Dill Sauce Brown Rice Zucchini and Tomato Seasonal Fresh Fruit	3 Breaded Chicken Patty Mashed Potatoes Green Beans Mandarin Oranges	4 Tomato & Onion Frittata Corn Herbed Peas Chocolate Pudding
7 Baked Salmon with Dill Sauce Brown Rice Pilaf Broccoli Florets Seasonal Fresh Fruit	8 Chicken Cacciatore Egg Noodles Turnip and Carrots Sliced Peaches	9 Low Sodium Hot Dog Baked Beans Chef Blend Vegetables Rice Pudding	10 Pork Dianne Mashed Sweet Potato Diced Red Cabbage Fruit Cocktail	11 Cheese Tortellini with Marinara Sauce Lemon and Chive Beets Cookies
14 Sliced Pork Roast with Gravy Potato Lyonnaise Carrots Warm Cinnamon Apples	15 Baked Pollock with Lemon Sauce Veg. Brown Rice Broccoli Florets Seasonal Fruit	16 Monthly Special Chicken Cordon Bleu Mashed Potatoes with Sour Cream Peas & Mushrooms Chocolate Mini Eclair	17 Monthly Birthday Cheese Lasagna with Meat Sauce Mixed Vegetables Birthday Cake	18 Beef Marsala Seasoned Roasted Potatoes Green Beans Sliced Pears
21 Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Seasonal Fresh Fruit	22 Chicken Croquettes Roasted Red Potatoes and Peppers Mashed Cauliflower Lemon Pudding	23 Glazed Pork Loins Scalloped Potatoes Broccoli Florets Fruit Cup	24 No Congregate Meal Due to Cameron Early Closing Meals on Wheels will be delivered	25 CLOSED CHRISTMAS DAY 
28 BBQ Chicken Red Bliss Mashed Potatoes Capri Vegetables Seasonal Fresh Fruit	29 Baked Fish with Red Pepper Sauce Mashed Turnips and Carrots Broccoli Florets Cookies	30 Stuffed Shells with Sauce Peas Carrots Whole Wheat Bread Seasonal Fresh Fruit	31 No Congregate Meal Due to Cameron Early Closing Meals on Wheels will be delivered	Elder Services of Merrimack Valley Suggested donation is \$2.00 per meal. All meals served with low-fat milk, bread, margarine and dessert

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>DECEMBER 2015</div> <div></div>	<div>1</div> <div>Basic Zumba 8:15 am Breakfast 8:30-9:30 am Billiard Players 8:30am Gentle Yoga 9 am Watercolor 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm</div>	<div>2</div> <div>Breakfast 8:30-9:30 am Food Pantry 8:30 am Aerobics 9 am Bone Builders 9:30 am Holiday Luncheon at Franco ~10:30 am Busy Fingers 1 pm Cribbage 1 pm Social Dance 1 pm Gentle Yoga 1:30 pm Food Pantry 6 - 8 pm</div>	<div>3</div> <div>Veterans Services 8 am Breakfast 8:30-9:30 am Food Pantry 8:30 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Bone Builders 1 pm Hand & Foot 1 pm Mahjongg 1 pm De-Cluttering Group 3 pm Food Pantry 6 - 8 pm Bingo 6:45 pm</div>	<div>4</div> <div>Breakfast 8:30-9:30 am Food Pantry 8:30 am Aerobics 8:30 am Music Makers 9 am Ping Pong 10 am Wii 1 pm</div>
<div>7</div> <div>Breakfast 8:30-9:30 am Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon Food Pantry 1 pm T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm</div>	<div>8</div> <div>Men's & Women's Breakfast Social 8 am Basic Zumba 8:15 am Breakfast 8:30-9:30 am Billiard Players 8:30am Blood Pressure 9 am Gentle Yoga 9 am Watercolor 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm</div>	<div>9</div> <div>Breakfast 8:30-9:30 am Food Pantry 8:30 am Aerobics 9 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Fitness Camp 1 pm Gentle Yoga 1:30 pm Food Pantry 6 - 8 pm</div>	<div>10</div> <div>Veterans Services 8 am Breakfast 8:30-9:30 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am Ask the Officer 11am Dec. Birthday's 12:30 pm Bone Builders 1 pm Hand & Foot 1 pm Mahjongg 1 pm Bingo 6:45 pm</div>	<div>11</div> <div>Breakfast 8:30-9:30 am Food Pantry 8:30 am Aerobics 8:30 am Music Makers 9 am Ping Pong 10 am Wii 1 pm Lunch & Learn 12:15 pm</div>
<div>14</div> <div>Breakfast 8:30-9:30 am Bone Builders 9:30 am Quilting Club 9:30 am Hearing Clinic 9:30 am Meet the Realtor 10 am Art/Open Studio 12 noon SHINE 1 pm T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm</div>	<div>15</div> <div>Basic Zumba 8:15 am Breakfast 8:30-9:30 am Billiard Players 8:30am Gentle Yoga 9 am Watercolor 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm</div>	<div>16</div> <div>Breakfast 8:30-9:30 am Food Pantry 8:30 am Aerobics 9 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Fitness Camp 1 pm Gentle Yoga 1:30 pm Food Pantry 6-8 pm</div>	<div>17</div> <div>Veterans Services 8 am Breakfast 8:30-9:30 am Food Pantry 8:30 am Billiard Players 8:30 am Basic Zumba 9 am Chair Movement 10 am Mahjongg 1 pm Bone Builders 1 pm Hand & Foot 1 pm De-Cluttering Group 3 pm Food Pantry 8 pm Bingo 6:45 pm</div>	<div>18</div> <div>Breakfast 8:30-9:30 am Food Pantry 8:30 am Aerobics 8:30 am Music Makers 9 am Ping-Pong Tournament 10 am Wii 1 pm Movie 1:30 pm</div>
<div>21</div> <div>Breakfast 8:30-9:30 am Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon Food Pantry 1 pm T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm</div>	<div>22</div> <div>Basic Zumba 8:15 am Breakfast 8:30-9:30 am Billiard Players 8:30am Gentle Yoga 9 am Watercolor 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Gingerbread Cookie Decorating 10:30 am Bone Builders 1 pm Scrabble 1 pm</div>	<div>23</div> <div>Breakfast 8:30-9:30 am Aerobics 9 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Fitness Camp 1 pm Gentle Yoga 1:30 pm</div>	<div>24</div> <div>CAMERON SENIOR CENTER CLOSSES AT 12 NOON</div>	<div>25</div> <div>CLOSED CHRISTMAS DAY</div> <div></div>
<div>28</div> <div>Blood Pressure 8 am Breakfast 8:30-9:30 am Bone Builders 9:30 am Quilting Club 9:30 am Art/Open Studio 12 noon T'ai Chi 1 pm Busy Fingers 1 pm Bingo 1 pm</div>	<div>29</div> <div>Basic Zumba 8:15 am Breakfast 8:30-9:30 am Billiard Players 8:30am Gentle Yoga 9 am Watercolor 10 am Chair Movement 10:15 am Upbeats Band 10:15 am Bone Builders 1 pm Scrabble 1 pm</div>	<div>30</div> <div>Breakfast 8:30-9:30 am Aerobics 9 am Bone Builders 9:30 am Busy Fingers 1 pm Cribbage 1 pm Fitness Camp 1 pm Gentle Yoga 1:30 pm Food Pantry 6-8 pm</div>	<div>31</div> <div>Veterans Services 8 am Breakfast 8:30-9:30 am Billiard Players 8:30am Basic Zumba 9 am Chair Movement 10 am New Years Eve Day Luncheon 11:30 am Bone Builders 1 pm Hand & Foot 1 pm Mahjongg 1 pm Bone Builders 1 pm Hand & Foot 1 pm CENTER CLOSSES AT 2 PM</div>	<div></div>

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**DUE TO UNPREDICTABLE WEATHER
NO TRIPS ARE SCHEDULED FOR
JANUARY-FEBRUARY 2016**

Monday, Dec. 14 – “Merrimack Outlets 1/2-Day Trip.”

Enjoy a relaxing van ride to the Merrimack Outlets for some holiday shopping. **The COA van departs from Cameron Senior Center at 12 noon.** Space is limited. Cost is \$5 p/p. Call 978-692-5523 to reserve your seat.

Thursday, Dec. 17 – “Bach’s Lunch at Indian Hill”

Concert featuring music and vocal performances from Irving Berlin’s ‘White Christmas’ and ‘Holiday Inn,’ performed by Susan Cabot, Jamie Dunphy, John Clark and Justin Meyer. Complimentary coffee, tea and cookies served. Bring your own lunch. **COA van departs from Cameron Senior Center at 12:30 p.m.** Space is limited, so reserve now at 978-692-5523. Cost is \$6 p/p.

Thursday, Dec. 31 – “New Year’s Eve Day Trip.”

Best of Times presents a cabaret show at the Hilton Double Tree in Leominster, MA, featuring Jan Peters and a music selection of popular Broadway and standard tunes, as well as material from promising new song writers. There will also be dancing to the Tom LaMark Orchestra. Meal choice of baked scrod or prime rib/roast sirloin/sirloin steak. All-inclusive cost (including gratuity) is \$92 p/p. Departure time TBD.